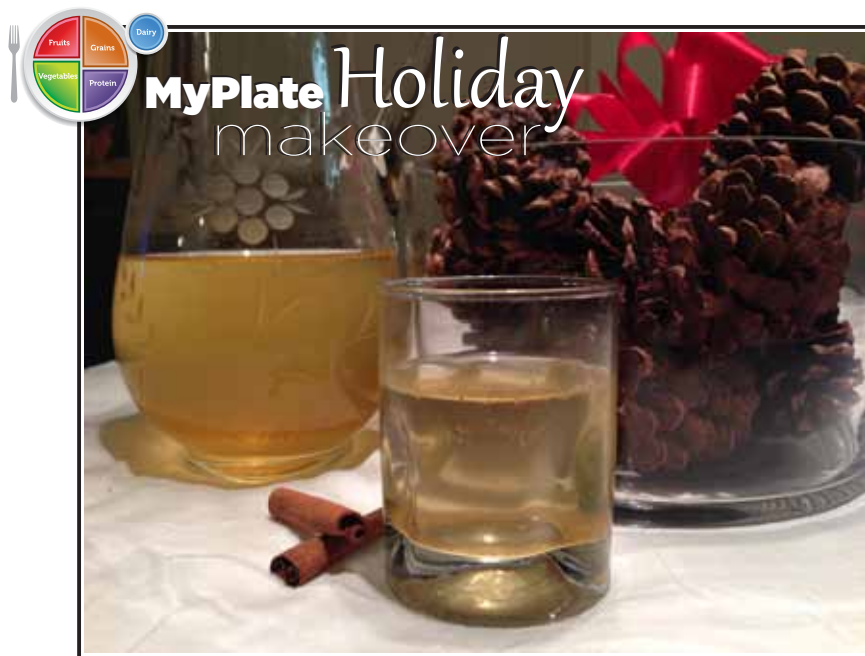


# Liz's Sparkling New Year's Cider

**SERVES 6**

## INGREDIENTS:

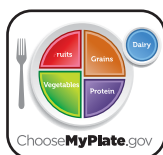
- 2 cups 100% apple juice
- 1 star anise
- 2 whole cloves
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- 4 cups sparkling water (unsweetened)



## INSTRUCTIONS:

1. Combine the first five ingredients in a pot and cook over medium-high heat for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

### My Recipe Details (per portion)



**Total Calories** 39 Calories

#### Food Groups

■ Fruit ¼ cup

#### Nutrient Info

Carbohydrate 9 g  
Dietary Fiber 0 g  
Saturated Fat 0 g  
Cholesterol 0 mg  
Sodium 3 mg

Nutrition analysis by SuperTracker.usda.gov